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Reserve

Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE!

April 3, 1944

FOOD FLASH!

Time for the Monthly Food Flash. -- Here is a list of foods in relative abundance this month. They are point free and a great help to menu-planning.

WHITE POTATOES -

Palatable, universally liked, and adapted to filling shortages that may occur in other vegetables.

EGGS -

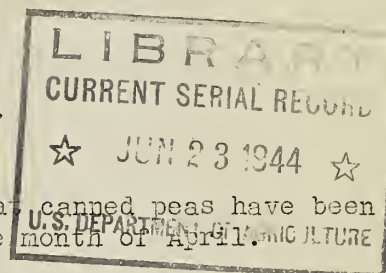
An economical food. They can be used for almost any meal -- any course. Valuable as a meat alternate because of their nutritive value and adaptability to the main course.

ORANGES -

Important member of Group Two of Basic Seven.

CANNED GREEN AND WAX BEANS -

Give variety to the diet. Latest news is that canned peas have been temporarily removed from the ration list for the month of April.



FROZEN FOODS -

All frozen fruits and vegetables are point free. Most abundant are: Cut Green Beans, Broccoli, Spinach, Beets, Carrots, Leafy Greens, Pumpkin, Squash, Cauliflower, Brussels Sprouts and Tomato Puree. If you are having trouble getting fresh vegetables, try frozen ones.

SOYBEANS AND SOY PRODUCTS -

Use as meat stretchers.

WHEAT FLOUR AND BREAD - MACARONI, SPAGHETTI AND NOODLES - CEREAL -

All of these are energy foods.

PEANUT BUTTER -

Some restaurants serve it in place of butter as a spread for bread. Can also be used as fat substitute in cookies and other bakery products.

CITRUS MARMALADE -

Another tasty spread for toast, rolls or muffins.

DEHYDRATED MILK AND DEHYDRATED SOUP -

Simplifies soup-making. Just takes the addition of hot water.

WAR FOOD ADMINISTRATION OFFICE OF DISTRIBUTION

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(over)

The following Recipe suggests a way to use two of these abundant foods.

POTATO PUFF

Ingredients	<u>S e r v i n g s</u>		
	20	50	100
Mashed Potatoes	2-1/2 Qts.	6 Qts.	12 Qts.
Milk	1-3/4 Cups	1 Qt.	2 Qts.
Margarine, Fortified	3-1/2 Tbsp.	1/2 Lb.	1 Lb.
Eggs	3	8	15
Salt	2-1/2 Tsp.	2 Tbsp.	1/2 C.
Pepper	Dash	1/2 Tsp.	1 Tsp.
Parsley	2-1/2 Tbsp.	5 Tbsp.	2/3 C.

Heat the milk and add the margarine.
 Pour slowly over beaten yolks, mix with Potatoes.
 Season and fold in beaten egg whites.
 Pile in greased bake dishes.
 Bake at 400°F until puffed and brown.

Vary this recipe by using Grated Cheese or Chopped Pimientos.